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HEALTH AND EFFICIENCY

Spring Number, 1967

67th YEAR OF CONTINUOUS PUBLICATION

This magazine is entirely independent. Its aim is to present the great health movement towards sun and air bathing in its widest aspects, and to publish supplements from the recognised sun bathing groups, but the views expressed in literary contributions are not necessarily those of the Editor.

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HEALTH AND EFFICIENCY

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NATURISM

AND

SEX

Have we, in our preoccupation with presenting the right image, conditioned society into believing that we are sexless? Or, at best, languishing under an umbrella of diminished libido? Doris Milward comments

I WROTE an article on this subject for a literary society to which I belong. This was not the first time I had written about Naturism for them, and they are a broad-minded set of people, ready to consider anything new without prejudice, and to give unusual ideas careful consideration.

But oh! what comments I got! Now that Naturism is more or less accepted, and is even written about in the lay press without cheap jibes and sly innuendos that accompanied the first articles about it, one tends to think that all the concepts that we naturists accept as gospel are accepted by the man in the street also. So comments such as these by some of the more





A warm, drowsy afternoon. What greater pleasure than to lie and ruminate on a blade of grass and dream the time away ?

enlightened members of the community brings one back to earth and make one realise that we have a long way to go still.

One comment was that a return to Nature would be a retrograde step. "There is much in wearing clothes which is not self-aggrandisement, and it is often a pleasure for a person to look on another, whether of the same sex or not, who is smartly dressed."

Here the thinking is muddled. Naturists have never advocated that nudism should be practised all the time. I am as fond of pretty clothes as the next woman. All I ask is the right to take off my clothes whenever the weather is so hot that it would be foolish to go on wearing them, without attracting stares, rude comments, and unwelcome sexual attentions. What a wonderful world it would be if that were possible !

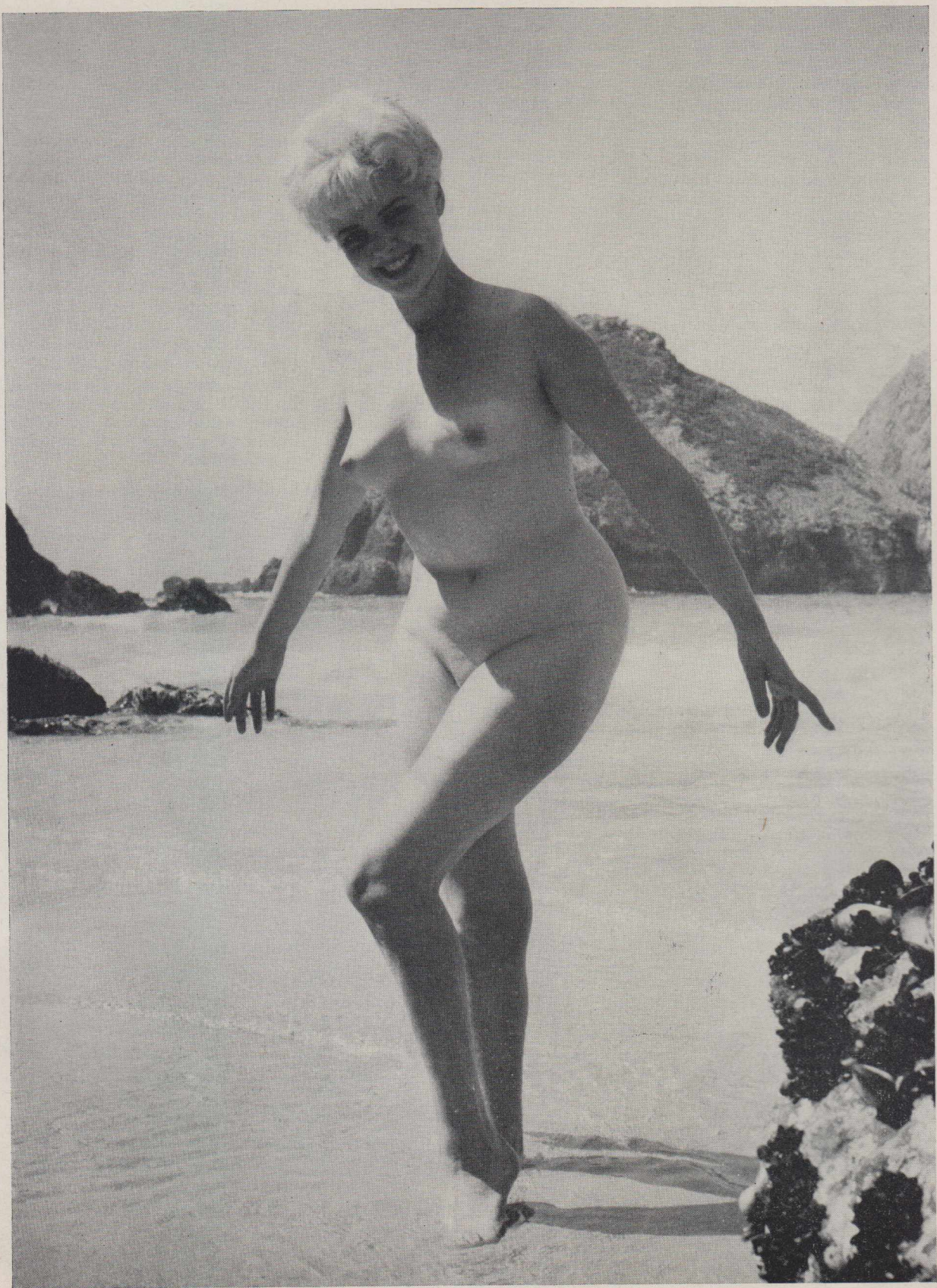
For such a state of things would presuppose a society in which sexual prurience was a thing of the past; a society in which the body had emerged as a work of art, or a perfect piece of mechanism, about which there was no shame; a society in which sex no longer automatically equated with nudity; a society which no longer contained strip-tease shows and sexy films; a society which no longer demanded either the wearing of scanty and provocative clothing by its females, or stuffy, hot, uncomfortable clothes by its males.

Another reader asked if it is true that the genitals are more delicate than other parts of the body, and thus need the protection normally given them. I could only answer that active games are played in the nude in sun clubs throughout the world and that I had never heard of any

accident resulting therefrom. Indeed, I have been assured by the secretary of an archery association that archery is a very suitable pastime for naturists and only a small guard to the chest is necessary.

The same reader asked if there would not be embarrassment on the part of an engaged couple if the man was not used to seeing his fiancée naked, yet ventured to take her to a sun club. Also, he says, that the mere existence of clothes on oneself and a desired partner is one barrier to promiscuous sex.

Well, I don't think that clothes have ever proved to be much of a barrier to promiscuous sex when both parties are determined. And as for the possible embarrassment to the engaged couple, one can only recommend them to come and see how natural nakedness is, and how soon



the view that it must be connected with sexual feelings wears off, when it is practised openly in the sunshine in the company of like-minded people.

In my article I made the statement that concealment of the body gave rise to numerous complexes of an erotic nature. When the natural curiosity of one sex about the other is frustrated and denied, this is bound to occur. A reader made a very sensible comment on this. He said he often wonders where some of our modern "dirty" novelists would be without slinky skirts, bulging bras, and kinky knickers to play with. Where, indeed, would these purveyors of synthetic sex be? In the dole queue, perhaps.

Another reader, quoting my statements that "no disturbing feelings are aroused when both sexes can see all they crave," and, "after a man or woman has become used to the sight

of nakedness in the other sex, vision does not provide stimulus any more," comments that this is abnormal. But this is once again muddled thinking. I, of course, was referring to promiscuous feelings, not to normal desires between two people who love one another. Naturally, the practice of social nudity makes no difference to that, but only to the assumption that the sight of a naked woman or man is bound to rouse sexual feelings in one of the opposite sex. How long must we continue to try to drive this point home? One can only reiterate to these sceptics—come and see for yourselves.

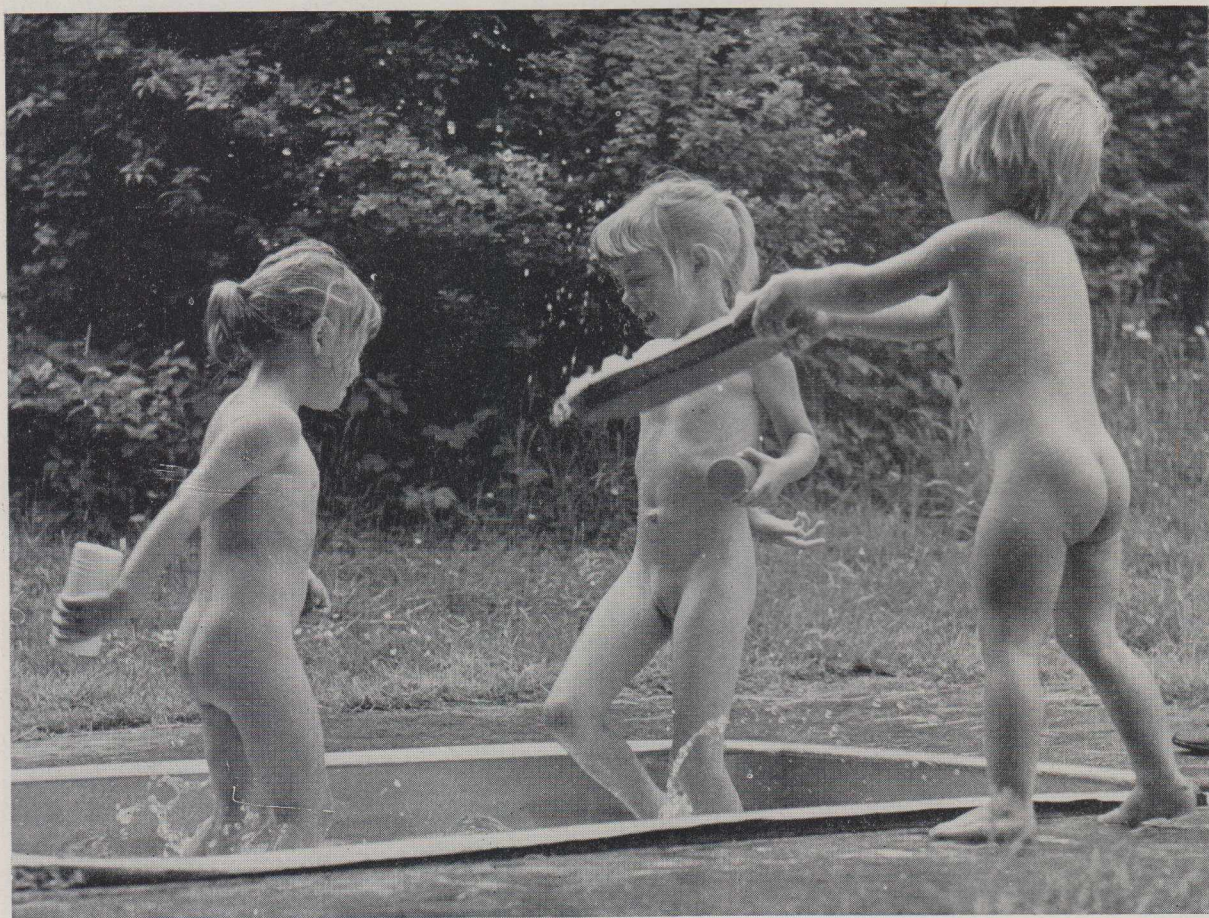
The famous French writer, Anatole France, in his book, "Penguin Island"—written many years ago—has an incident where a female penguin is corseted and dressed by the Devil. She is then followed by every male penguin on the beach, and even the Devil himself feels a desire

for her.

The moral of this is plain to see.

An artist of my acquaintance says that there is nothing really exciting about the sight of a naked woman. The real excitement is in watching a woman undressing. He told me of a crowded session in an art class, where the model was unusually young and unusually attractive, yet a group of men had their backs to her and were painting a collection of green bottles, outsize marrows, and a half-loaf of mouldy bread. He said that the students would be sketching a completely nude model, yet would whirl around like dervishes to gaze avidly at a girl student who crossed her legs and exposed her thighs.

Yes, if naturism was given a chance, it could be of great help in sex problems—and the girl who crossed her legs in the art class would be taken in one's stride.



These children at Sorrento Sun Club appreciate to the full the healthy enjoyment of their nakedness





INDOOR SAMARITANS

For thirteen years a couple have run an indoor group. Their contribution to the cause of naturism has been immense. Without publicity or fanfare they have soldiered quietly on. Erwin Grant writes in appreciation



The open beach — a haven for all naturists. This one is near Brighton

THIRTEEN years ago the door of a detached house north of London was opened — an invaluable gateway to the naturist movement which has never since closed.

In that house, just off a busy main road, and surrounded by dwellings, many people of all ages, trades and professions, have been introduced to naturism, whilst visitors and students from different parts of the world have gone there to meet British naturists.

Within those rooms, from time to time, committee meetings have been held concerning the national organisations, and a good deal of hard administrative work in the cause of the movement as a whole is carried out.

Since 1954, quietly and unobtrusively, a man and his wife have put their indoor group firmly on the inter-

national naturist map, at the same time proving staunch guides and friends to all sincere seekers after the naked truth.

With true modesty this man and his wife are the first to point out that they run an indoor group, although they do have an attractive little garden where members gather for summer sessions. And with equal candour they long ago told their neighbours just why they had erected screening around part of the garden, wisely safeguarding future activities.

This is not a sun club in the usual accepted sense. There are no expansive lawns, swim-pools, games courts, and sand pits for the children. Their home is the clubhouse, and the meetings — held twice each month throughout the year — consist simply of a gathering of old friends in two

spacious rooms, and sociable conversation.

For thirteen years this couple have willingly shared their home on these occasions, and twice during every meeting they serve good wholesome food and piping hot tea.

During the summer months they have organised group outings to well-known outdoor clubs, and in winter they offer occasional film shows given by members.

How quickly the long dark evenings fly past in such convivial get-togethers — and in no time at all the summer days are back again, with naturist contacts in a healthy state of renewed interest, thanks to these “off-season” meetings.

There is no committee here to organise (and perhaps split) the group. And no one — repeat no one

— who comes along to make application for membership is turned down — if he or she is eligible and really sincere.

Here undoubtedly is one club where the genuine single man is made really welcome — and it works.

Naturally, before membership is granted, there is a conventional interview over a cup of tea with the gentleman and his wife. Then three trial visits on meeting days. Members are asked what they think, and if all is well — the new member is in.

In thirteen years there has only been an average of one rejection per year, and membership in that time has ranged far and wide.

One or two of the original faces are still there, whilst others have left London, gone abroad, or slipped away to join one of the outdoor clubs further away. For having once passed through this unique "gateway" into the movement, the new member sometimes goes on the wing to pastures new as a fully fledged naturist.

On the other hand, some members

join outdoor clubs, but remain loyal to this group by coming along in the early evening after a day at their other clubs.

Thirteen years, twice a month, this couple have been busy from an early hour on meeting days, preparing sandwiches, laying in supplies, cooking delicious home-made cakes, lighting stoves up and downstairs, in readiness for the visiting members.

So delighted is everyone with the cheerful chatter and sociable warmth that people tend to stay on and on — with the result that the hosts frequently get to bed around 2 a.m. or 3 a.m. on meeting nights! And there may be guests staying the night and on for lunch the following day.

Is it all worth it? This worthy couple may well ask themselves that question as they wearily wash up all the cups, saucers and plates in the early hours, empty the ashtrays, and put the rooms to rights.

It is obvious to all their friends that they carry on this inestimable naturist rendezvous (and there is no other

quite like it possibly in the whole world) because naturism is part of their way of life and is their philosophy.

Go along to that house any day of the year (though it would be kinder to telephone first), and you will probably find them living as naturists indoors or in the garden, donning clothes to answer the doorbell, and to go shopping in the town.

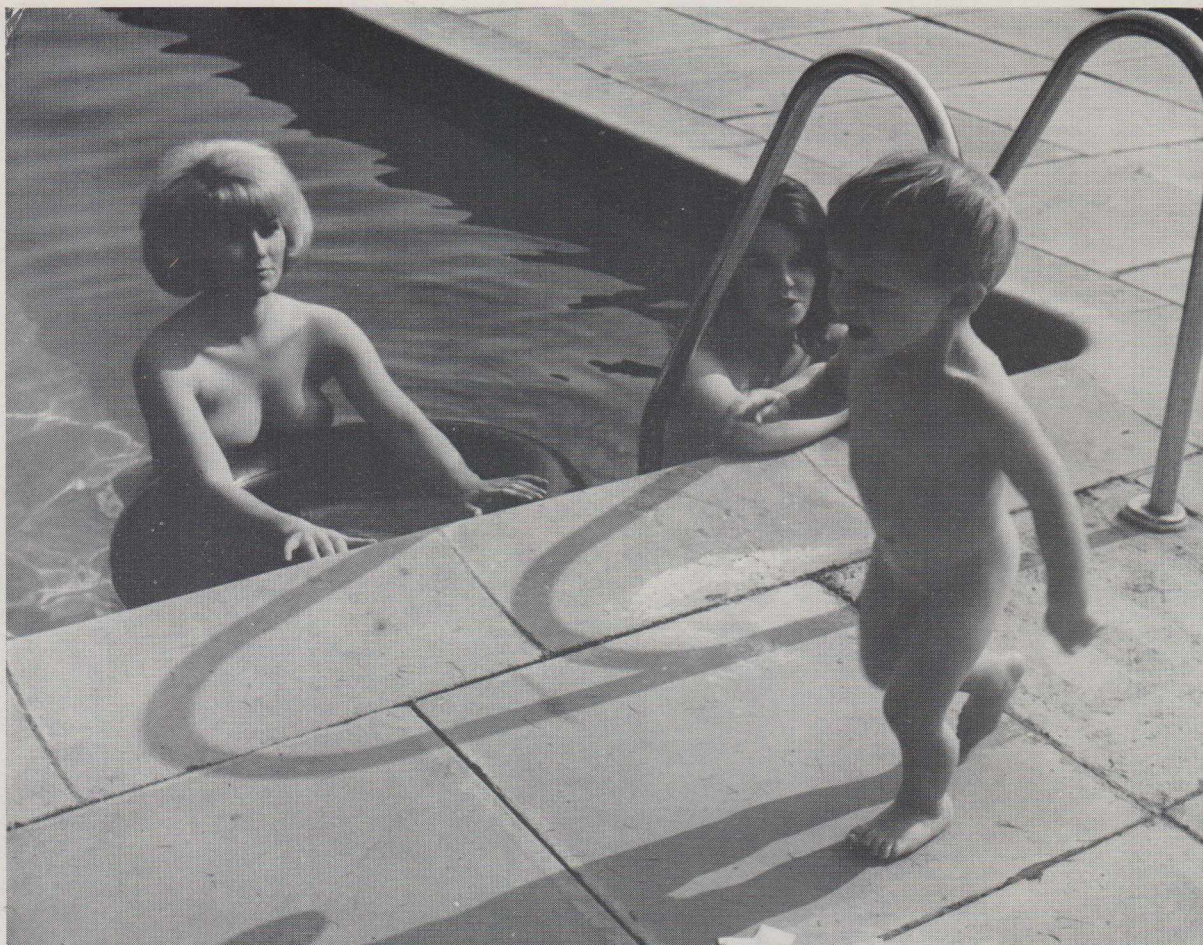
Surely this is true naturism in thought and deed. No weather watching or idle sunbathing in this house. No banishment of naturist principles once the summer is over — to be put away in a cupboard until the Spring. Here is a year-round devotion to ideals.

And moreover, a willingness to share it with all who really care and appreciate the finer delights of living.

It will be a very sad day for naturism if this couple ever close that hospitable door. So may those thirteen years be multiplied, as all their friends extend heartfelt thanks and appreciation to these two indoor samaritans.







IS THERE A FUTURE FOR NATURISM ?

An Open Question, Raised by LEON GILBERT

IS there a future for the Naturist Movement if it follows its present policies and trends? It is difficult to see how Naturism can hold its own, much less advance, if it follows its present course. If this statement arouses controversy, so much the better. The more thought given this subject can only be beneficial for the prospects of the health movement, in which all naturists should be interested. Before considering how a change of policy might help to improve the outlook, it would not be amiss to review some of the problems.

The best starting place is with the younger generations, forgetting those natural naturists the children, although convinced that not enough is done for the children in most clubs. The teenagers, as ever, present one of the biggest problems. Those brought

up through parents in the movement, so often leave during adolescence. This is understandable, but they seldom come back again in their later, maturer years. The Naturist Youth Movement is doing good work trying to keep young people interested in providing future club members. Ironically enough, the youngsters are organised into segregated groups from the adults, given interests outside the scope of most clubs, and taken on trips to overseas clubs. Is it the answer for the future of Naturism in this country or just another youth effort, served by so many organisations, with a touch of Naturism. Its appeal being in the novelty, adventure and travel prospects?

A recent talk with two younger, teenaged girls after a two-week holiday at one of the best clubs in the

south with their parents, revealed in their own words that they were bored stiff. They wished their parents had spent the holiday in some other way. They were looking forward to returning home to wider interests: things they liked to do, friends with common interests, when not involved in everyday life at school and college. Typical teenagers who liked pop records, boy friends and going places. How can this group be helped to maintain an interest in the clubs and in Naturism?

True, there was a report of an overseas naturist conference with a fifty-strong contingent representing Great Britain and an *estimated* attendance of a thousand naturists, with a lot of young people besides. At the sun club previously mentioned on a previous



sunny and warm Sunday it was estimated there was an attendance of about four to five hundred people, and about two hundred lunches served. *In fact* the attendance was two hundred, and sixty lunches were served. An estimate of a large crowd needs experienced judgment.

The present practise of social group nakedness depends mainly on the sun clubs. The problem here is that through no fault of the clubs which can be readily remedied, these places are just not equipped to meet modern demands and requirements. This brings us to the further problem of attracting and retaining the membership of the next group of younger, modern parents and families—with the family car.

Membership of many clubs would be very poor without the help of the car, with difficulties of public transport, particularly late in the day and on Sundays.

Any large club membership inevitably brings in the need for adequate car parking spaces. Where there is space, conditions often leave much to

be desired. Members, happily occupied, have to be found because a car needs to get in or out of line. In a few clubs cars can get bogged down in mud in bad weather, pusher parties may have to be recruited to get a car away. Of course keen naturists accept a bit of inconvenience, well worth the joys of Naturism. However, does this convince the justly proud, new owner-driver? When car and clothes have to be cleaned, enthusiasm for a return visit may not be so keen. This is *not* a criticism of existing clubs which hold their own, or organisers who do their best. It is a statement of fact about which most clubs can do no more than their present best. A concrete car park would bankrupt most clubs and in most cases would not be justified, as they would be used only for special events. But until these and other facilities can be provided, any big influx of those used to free parking in adequate places, the staffed and controlled sites, is unlikely.

Again there is the problem of catering for the visitor. Some of the holiday clubs supply full board for

visitors and day members of a standard, and price, to compare with any place outside Naturism. A few clubs serve a reasonably-cooked meal at a price that is amazingly moderate. For the rest it is more often cups of tea with sandwiches. Availability is often limited and time-tabled, because the work is often done by volunteers as a service rather than as a commercial venture. It is more than reasonable these folk should have a break. Often it is only to clear things away and prepare for the next meal or tea-break!

What of the newcomer who becomes interested in Naturism with all the modern outside catering resources in mind? We all know the variety, often at any hour, offered by the humblest "caff," smart café, self-service restaurant, and exclusive hotel, according to taste and money. The man-in-the-street, or in-the-car, with readily provided commercial service does expect to find some of these facilities when he goes in for a new venture. Where can he park the car safely, or get a decent meal? It is not









the fault of the clubs or the movement, but the financial limitations that these things cannot be provided in quantity or quality, or convenience which has come to be expected as a part of everyday recreation.

Recreation? Four young colleagues came back from their shared holiday, shared with 2,000 others at a well known holiday camp! They were enthusiastic, for they had thoroughly enjoyed themselves. There had been so much to do, despite a miserably wet fortnight. They had a general knowledge of Naturism. Suggesting that a sun club visit might be interesting next time, there was a chorus of "not likely." Why not, what is wrong with it? Nothing at all, it's not a bad thing, *but it's much too tame.*

Of course sun clubs cannot compete with holiday camps, nor is it desirable to do so. Like it or not, however, young people and many older ones today like a variety of interests—the spice of life—it is claimed. Sunbathing may be the prime

motive of Naturism, but only a minority wish to lie in the sun—when it does shine—doing nothing, all the time. Exercises never appeal to the Britisher, club work, even in members' clubs, is less popular than a few years ago. For the rest, few clubs can offer more than three games like volley ball or badminton, although many more clubs are installing bigger and better swimming pools. Here again an attractive pool depends to a great extent on the weather, or the means provided for heating the water in the great outdoors.

These are only a few of the things which most clubs, and the Naturist movement as a whole, cannot hope to offer to those who are used to all the many forms of attraction provided by the commercial world.

Do we really want to attract the masses? Probably not, but there is a difference between attracting the masses and increasing the present number of supporters in the move-

ment. Clubs do make every effort to keep up to date, to improve in every possible way, but it can only be done gradually, and it will be a long time before the best ones can offer all "mod cons" to compare with any similar, but conventional, venture.

There is the consolation that the clubs and Naturism will continue to appeal to those who enjoy the comparative simplicity of club life, the getting away from the hub-bub of modern living to the peace of many well arranged clubs. Such folk may help to maintain the present numbers of Naturism and the clubs, but it can only be within the limitations of our minority movement—in its present form. For these reasons and many others, any real future for Naturism can only lie in a complete re-orientation of accepted ideas, changed outlook and new policies. This is another story, to be dealt with "next time." In the meantime your ideas will be of interest as Letters to the Editor on the Future of Naturism.



A picture which epitomises the spirit of Woodlands — its optimism, its faith in the future

KATH, ALF AND WOODLANDS

The story of a dream that became a reality—a reality in the shape of the Coventry Club of Woodlands. The war, and a green isle in a morass of rubble. Text and pictures by Murray James.

AS with all great achievements, Woodlands was once only a dream. A dream firmly fixed in the minds of a determined couple. This dream became an objective, a goal, an aim and in time a reality. Behind that simple process lies a marvellous

story of achievement. Today Woodlands is firmly established in the history of Naturism. Many think it is the finest club in the country, and all should know how it was created.

In the beginning there was only a plot of densely-packed trees and shrubs. Kath recalls pushing a pram laden with clearing tools (the children padding along behind) all the way from Coventry to the site and back again. The work was back-breaking. Eventually a week-end cottage was put up—it is still there—and when the bombs rained down on Coventry, Kath took her children to safety to live on their plot of land. Then the growth really began. In those days of war, visitors in the form of soldiers from outposts of the Commonwealth visited Woodlands. Today a Woodlands exists in Australia—a direct descendant of those years.

In the early days the camp was





The children's play area at Woodlands. In such safe surroundings, there is seldom call for strict supervision

more or less a secret. In its lonely location there was not that number of people around to keep the secret from, but all the same the entrance was blocked by a high gate. Today the club is well known and respected in the community. It is so integrated with the society around it that there is no need for any gate at all now. You just drive in straight off the open road. Visitors run their cars to the car park and filter down to the lawns, courts and swimming pools. Nor is Woodlands afraid to preach what it practices. TV cameras have panned all over the grounds—the members completely unconcerned. The Coventry papers have run lead page features together with photographs. Not photographs carefully taken and selected by the club, but normal press-taken shots.

Is there any club in the country, or

the world for that matter, which can boast such a freedom of expression. If there is you can be sure that they have reached a position of acceptance in the community. They need put up no barriers against society because society bears them no grudge.

Woodlands is designed. It did not "just happen." Nor was it created on an unconsidered idea. NO bulldozers bashed out huge clearings, destroying nature as they went. No, Woodlands is created out of the nature of the land. It is in fact a four-dimensional club. Three of the dimensions are the normal—well taken care of. The use of different levels gives to the club an unrivalled spatial delight. The fourth dimension is the kind heart and the courage of its creator.

The pools lie on one level. Banks over the pools give sunbathing and viewing space. A pavilion sits neatly

between these and the volley ball courts. Steps from here lead to a higher level still and the badminton courts. A path winds further up across a bridged stream to the children's playground and another pavilion. And so it goes on. Each developed part of the grounds plays an integral part in the whole.

Above all, it is a place where people can congregate together in the "public" parts of the grounds or retire to their own private camping plot. All around the camping area six-foot-high hedges screen the plots. Paths run connecting links to every other part of the club. There is so much to say about this club that only a full-length book could hope to do it justice. Our space is limited, but if pictures are worth a thousand words then perhaps they will make up for the shortness of this tribute.



Woodlands is a family club, and children find endless pleasure in its grounds





IODINE

AND

YOU

Speak of iodine and one immediately thinks of the tincture variety. The stuff that one applies to superficial wounds. But food iodine is another matter. Bamford Stanley tells you of its uses

IN good health, it is unlikely that the amount of iodine in your body amounts to more than one twentieth of an ounce, nevertheless it will be so distributed that every cell contains a minute trace which is essential to its proper functioning. But whereas the amount in the blood and body substance may only be one part in 1,400,000, it rises to one part in 2,500 in the thyroid gland.

This gland is one of the endocrine glands of internal secretion that control both the physical and mental development and wellbeing of the individual. It is their job to take certain nutrients from the bloodstream passing through them and elaborate from them more complex, physiologically

active substances known as hormones. These hormones released into the bloodstream are then distributed to the entire body and exert a chemically active control over the functioning of body and brain cells.

The thyroid gland sits astride the windpipe, close to your Adam's apple. It extracts every atom of iodine in the bloodstream that is not being used, converts it into a hormone, thyroxine, which is then dispensed into the blood. There may be only one drop of thyroxine to ten million drops of blood, but its effect upon you and your body is profound, for the thyroid gland may be well described as the thermostat that regulates the fire of life within you.

By its activity, it largely determines the rate of your metabolism—the process by which your body cells use food to renew and repair their substances and produce energy. If the thyroid produces too little thyroxine, it behaves like a thermostat set low, so that heat and energy production are diminished, your body functions sluggishly, and has difficulty in keeping you warm.

Other symptoms are loss of energy, a tendency to put on weight no matter how little you seem to eat, and slower mental processes. Many overweight people find it almost impossible to slim because of diminished thyroid activity.

On the other hand, too much thyroid



activity and the abundant release of thyroxine turns up the thermostat, and you begin to function like a furnace under forced draught. You feel restlessly energetic. You can eat enormously without putting on weight. You almost always feel hot. Your mind is over-active, and there may be tendencies for your heart to race and your eyes to protrude. This condition is known as hyper-thyroidism, and usually requires medical or surgical treatment

Between the two extremes, however, there are many varying levels of thyroid activity, with the symptoms swinging to one or the other. Sub-thyroidism, resulting from under-activity of the gland, is the more common. Iodine enters the picture because thyroxine is some 65 percent iodine.

A deficiency of iodine often results in a swelling of the neck, and this is indicative of the thyroid gland trying to make up for the lack by manufac-

turing an excess of colloidal substance which leads to neck-swelling. This is known as simple goitre.

The primary source of iodine is food. But iodine is a mineral that occurs far more abundantly in the sea than in the land. Consequently, the further you get away from the sea, the less iodine is present in food crops, and goitre has always been something of a regional disorder, tending to be more prevalent among people living inland than among those near the coasts; symbolised in England by the name "Derbyshire Neck."

Fortunately, simple goitre and iodine deficiency symptoms are both preventable and curable by nutritional measures. If you live near the sea where the soil receives sea spray or its dust, rich in iodine, it is unlikely that an iodine deficiency will develop, since both water and food-crops will

be relatively rich in iodine. Vegetables, for instance, grown near the coast often contain nearly three times as much iodine as those grown inland.

In these days, however, when foods are eaten in localities far away from where they are produced, the point may have less significance. Iodine may also occur in drinking water, though this depends upon the chemical nature of the rocks or ground through which the water has run or filtered.

The body's need of iodine is, however, definite and constant from birth and throughout life. A deficiency in childhood can markedly stunt growth, and at all ages any tendency to a lack of energy, functional as well as muscular, sensitiveness to cold, flabbiness and weakness in the tissues, and feeling tired at the least exertion, will

(continued on page 36)



High-spirited fun at Diogenes Sun Club





GENER- ATION "X"

Youth today is not much of an unknown quantity to writer Jack Gray. He joined organised Naturism in 1934 became a full time Youth Leader in 1946, and founded the Sunlanders Youth Group in 1959



Is she representing Generation "X" ?

IN August 1961, Erik Holm, ex-President of I.N.F. said: "We need people who have the courage to take up our problems frankly and openly and to tell the truth. You cannot bluff the public in saying that Naturists have no sexual problems, when the rest of the community is stuck with difficulties in this regard. What we can tell the public—through our Naturist magazines—is that our movement is aware of such problems, that we are doing our utmost to try and overcome the difficulties, and that we believe that we, the Naturists, have better possibilities of overcoming them than other social groups, because Naturism in itself can be and

will be a practical medium for effecting a change of views for the better on sexual matters—for youth and adults as well."

The truth of these words is already well known to any practising Naturist of course. The Body Taboo of our civilisation is still a big hurdle for today's adolescents. With their status as the largest spending group in our society they are the target for the great screaming mass of the "mental depth advertisers" of the Western World who exploit to the last exhausted dollar the Sex Symbol in order to persuade them as consumers.

The American, Vance Packard, in "The Hidden Persuaders," devotes a

chapter to what he calls "The Built-In Sexual Overtones." I quote—"The public had become jaded and permissive. The brassiere and girdle appeals, for example, became bolder, with overtones of masochism, body exhibitionism, and so on. One ad. widely exhibited showed a lovely girl with blonde tresses, dressed only in her bra and girdle, being dragged by the hair across the floor by a modern caveman. The gay title was 'Come out of the Bone Age, darling!'

"Another girdle ad. showed a girl and her boy friend at a Coney Island type of wind tunnel with the wind blowing her skirt above her head and exposing her entire mid-section,

which, of course, was encased in the girdle being offered for sale. She was giggling modestly." Practising Naturists will easily recognise this as the kind of phoney appeal foisted upon the consumer public.

Contrast the above with the sight of several hundreds of young, healthy, bronzed young men and women all enjoying the gay and informal atmosphere of an international Naturist meet. The body in its natural state is as innocent of guile or guilt as a newborn babe's. The lingerie ad-men's efforts would be completely lost on this type of youngster, for they have achieved an emancipation known only to the seasoned Naturist. It is only when we teasingly accentuate part of the human anatomy with clothing that eroticism enters in.

It is not for nothing that the majority of men and women who are already convinced and practising Naturists are of a higher than average intelligence. They are the intelligent and intellectual individuals who have had sufficient initiative to get

away from the fetishes of a clothed society. It is encouraging that there is a slowly increasing stream of young men and girls now coming into organised Naturism, who do so as individuals and not as sons or daughters of Naturist parents.

The Sunlanders Youth Group is an outstanding example of this. The Naturist Youth idea is gaining ground and British efforts are now co-ordinated in the Naturist of Great Britain organisation which has close ties with C.C.B.N. There has been much excellent work done by members of The International Naturist Teachers' and Youth Leaders' Association, sponsored by the I.N.F.

Even without any Channel Tunnel, more and more young people are taking holidays in Europe every summer, and when the tunnel is in operation then this will exceed all expectations, there is no doubt. Students in particular are prone to come into contact with the "free beaches" of France and Germany and they are good public relations material. As

social nudity on "free beaches" resorts will tend more and more to become the "in thing," organised Naturism must be on its guard against being stampeded by "fringe" operators, who are always ready in present-day society, to adapt and distort anything for the profit motive. Many excellent social ideas have foundered after they allowed themselves to be exploited by the "take-over" boys.

Charles Hamblett and Jane Deverson, two young journalists who wrote "Generation 'X'," after collating masses of evidence from recorded conversations with teenagers all over Britain, have done a good job. I contend that this book should be compulsory reading for all magistrates, teachers, ministers and youth leaders, for it pulls no punches. Throughout the entire book one can see how much of today's teenage dilemma stems from the Body Taboo.

I quote—"... the situation has been brought about not so much through lack of essential drive or
(continued on page 36)







● Generation "X"

imagination on the part of the young, but as a result of the drumming into them of false values and tawdry ideas from their earliest beginnings, as social animals. There is an occupational fear on the part of our educators and formulators of public opinion, a fear of originality. Too

much emotionalism and ancient myth and magic is allowed to infiltrate our social thinking."

This then, I would suggest, is the key to the adolescent storm centre of today. With the clever, clever mind benders of the ad-man's world getting more and more unscrupulous in their greed, the only people in this world who are likely to make a more sane

approach to the human body, as the Naturists. With the accent on youth, international Naturism has a unique contribution to make towards the future—"For the ultimate responsibility of "Generation 'X'" is to guide the human race through the final and crucial decades of this explosive century into the enlightenment of the next one."

● Iodine and You

benefit, often dramatically, from an increased intake of iodine-rich foods.

One of the simplest ways is to use iodised salt at the table and for cooking. This consists of ordinary salt to which is added a small amount of sodium or potassium iodide. The body seldom absorbs it all, but sufficient is assimilated to reinforce the body's iodine reserves.

Garden vegetables and fruits contain varying amounts, and those who grow their own can increase the

staple fare.

Probably, the most easily digested iodine content by using seaweed or one of the prepared seaweed manures or fertilisers when cultivating the soil. It may be noted that cranberries apparently have an affinity for iodine and are relatively rich in the element.

Foods from the sea are naturally rich in iodine, and these include all fish and shell-fish, but cod and deep sea fish are richer in iodine than others, while among shell-fish, oysters are particularly iodine-rich, that their

cost may place them out of reach as and assimilated food source of iodine, however, is the edible seaweeds. There are several of these, but those most readily obtainable are agar agar and caragheen moss (Gelozone), and laver (usually offered as laver bread). The two former are vegetable gelatines, useful for the making of sweets, moulds and puddings, or for inclusion in soups, stews, or drinks. Their regular use not only gives us adequate iodine but a wide range of other minerals beneficial to health and vigour.



HELP FOR ANXIOUS MOTHERS

Introducing children to Naturism may not be as easy as one may be led to believe. In this article Harry Brighthouse gives some practical and helpful hints

ARE you another "anxious mother"? One of those who do not quite know how to introduce children to Naturism?

If you are, remember there is nothing to be ashamed of; even the most ardent female naturist feels a little uncertain about explaining Naturism to her child. It is understandable and natural, but it is not really a problem, it is merely a phase all mothers go through—and has a solution.

There are various reasons why even

a naturist mother feels this way. Perhaps her own upbringing contributed to the concern she has for her child, or perhaps she has not taken the time and trouble to explain the meaning of Naturism. Usually, however, a little questioning reveals that the mother herself was led to believe throughout her own childhood that to be a naturist was "not nice." And although she has experienced a degree of health not possible without Naturism, has found freedom from

everyday cares as a result of joining a naturist club, or has practised Naturism in the privacy of the home, she can be forgiven for wondering whether to introduce her child to this form of living—the only sensible way to live.

The majority of naturists of my acquaintance practice all forms of natural healing when ill, mostly they take herbal therapy. All of them believe in the efficacy of fresh air and sun-light (and failing the latter, artificial heat-rays). In the promotion of good health they see to it that their families get an abundance of the former.

What is not common amongst naturists—at least in my experience—is that they do not generally raise families naturally, by this I mean raise their children wholly on natural principles. When young, their children are "treated" at welfare clinics, and whilst I am not condemning parents for doing so in this modern age, I believe that it is due to the artificial way of raising children that even the most ardent naturist mother comes up against the difficulty of introducing their offspring to Naturism.

The introduction of children to Naturism is not a problem, unless it is left too late. If a child is not introduced to it until the age of 9 or 10 there can indeed be some embarrassing question to ask—and what the answers are is anybody's guess! But there is no real reason why any problem should arise, providing the mother introduces Naturism right from the start. By so doing, the child will automatically accept Naturism as part of his life; will regard the human body as a thing of beauty and not to be shunned, and will not suffer indignities and embarrassment in later life. It is my conviction that if all children were introduced to Naturism, there would be far less crimes being committed in later years.







It should become part of every child's home education to include the virtues of Naturism: a healthy mind in a healthy body, such a maxim is not concerned with degree of education. It does not follow that an educated, or even intelligent person, realised the value of Naturism. Indeed, I would assert that a naturist is "educated" and wiser than his fellow-beings. The realisation that Naturism stands for health and happiness is the key to the whole misunderstanding.

How does an otherwise enlightened mother explain the virtues of Naturism to her son or daughter? How does she avoid embarrassing questions later? If she practices this advice she will realise that right from the start the child has been a naturist. We are all naturists when entering the world, if does not matter how rich or poor our parents, what circumstances the birth takes place in—we are all naturists. Once this is realised the mother's queries are almost solved.

The difficulty lies in that whereas a child enters the world nude, he is not

permitted (generally) to indulge in it. If he were, then there would be no anxious naturist mothers! But let us think of the mother's feelings first: all through infancy she sees her child as a naturist, at bath-time, feeding time, and exercise-time, the child wears little or no clothing, so he is a naturist right from the start. The fact that at a later date he has to wear more clothing cancels out the first basic idea of his being a naturist—and it is this that raises questions later.

A child brought up in the belief that being unclothed is not right, that to think of the human body as something to be hidden, will always wonder whether Naturism is right . . . even on that first day when he joins a club at the age of twenty-one. He will feel embarrassed, and it is my belief that the reason many young men and women do not become naturists in their 'teens, is because of their lack of understanding of "what it is all about." It is here that the mother can play a vital role in infant days.

She should start when the child is

old enough to sit up and notice things around him. Whenever possible he should be allowed to see his own body. And at the age when he starts to toddle—and later when running around—he should wear a minimum of clothing in the home and out of doors, weather permitting. In this way he will be introduced to Naturism as he is to eating and cleaning his teeth!

At an age when the child can understand, the mother should explain what Naturism is, why she and her husband practise it. That there is nothing wrong or "unclean" about being a naturist, that many famous men and women are naturists. A child responds to psychology, and in the introduction to Naturism, psychology plays a leading part. If a child knows his parents are naturists, if he is instructed into the reasons for Naturism, then there should be no problem later.

It provides an easier solution if there is more than one child, here they should both be allowed to be

(Continued on page 44)

KEEPING FIT IN A BUSY WORLD

By Walter Taylor

YOU know how it is early in the morning, especially if you're past fifty? If you have not got a cat to kick, you wish you had!

"Must get a cup of tea . . . ! Ah! that's better. Feel a little more civilised, eh! But don't anybody talk to me yet! I'll deal with that foreman (or Head of Department) if he says two words to me this morning . . ."

And so it goes on. You're not fit to face the day. The modern tempo of living has something to do with the cause of this. But what is needed is the ability to "fit" oneself into the sort of life we lead.

Now, are you sure you are doing all you can to make every day a healthy and happy one?

Take last night, for instance. Though you levelled all your usual abuse at the sort of television programme you were watching, did you, nevertheless, keep on watching to the bitter end?

Then you were late in bed! It is fatal to be seated too comfortably before the telly. Oh! you fell asleep in the chair? That's not as relaxing as being in bed, you know!

Or did you go out to the local at about 9.30 p.m. and get talking to someone about this and that, and it was past midnight when you got home?

It is all right once in a while, but you cannot keep it up every night.

"Early to bed, early to rise," etc., may be a thread-worn tag, but it is still true. The moral is—out of the seven nights a week have at least three or four early nights.

You may not finish up wealthy and wise but you will certainly be healthier and feel better for it.

On the other hand, I know a middle-aged married couple who go to bed early every night, but they read in bed!

Now, it is good to compose yourself by a quiet read before going to sleep. But there are limits!

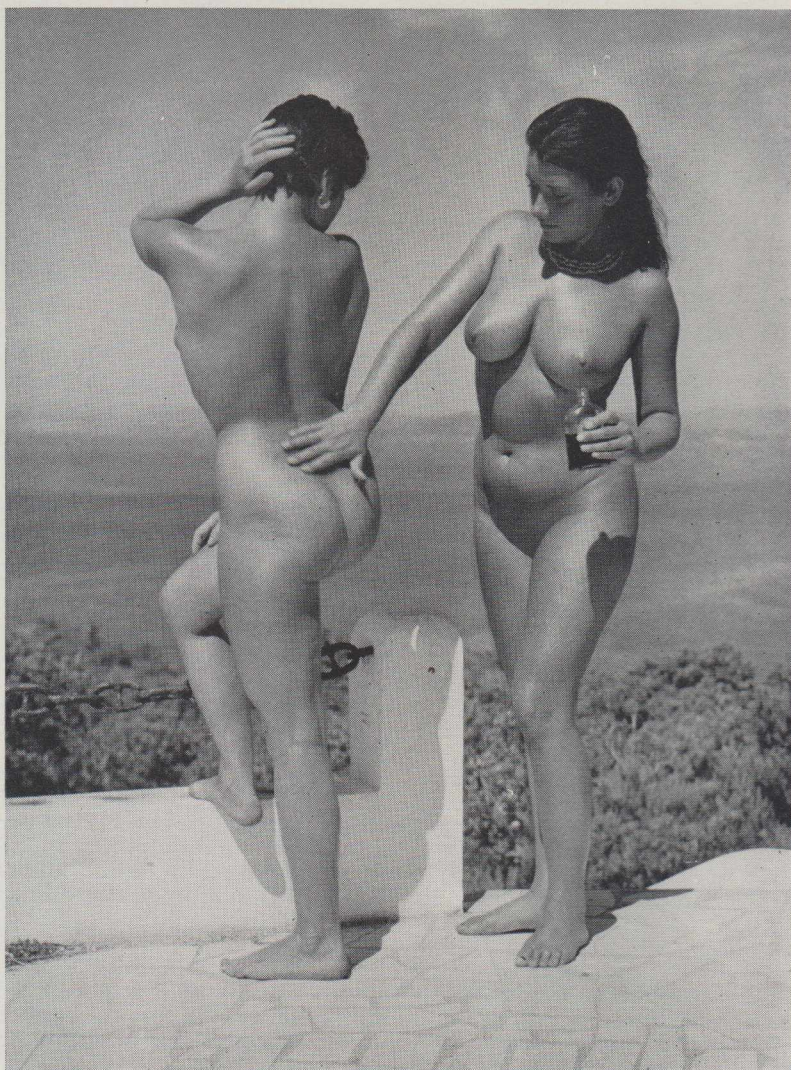
This wife read detective stories and could never put the book down. Con-

sequently her mind was stimulated and the brain over excited.

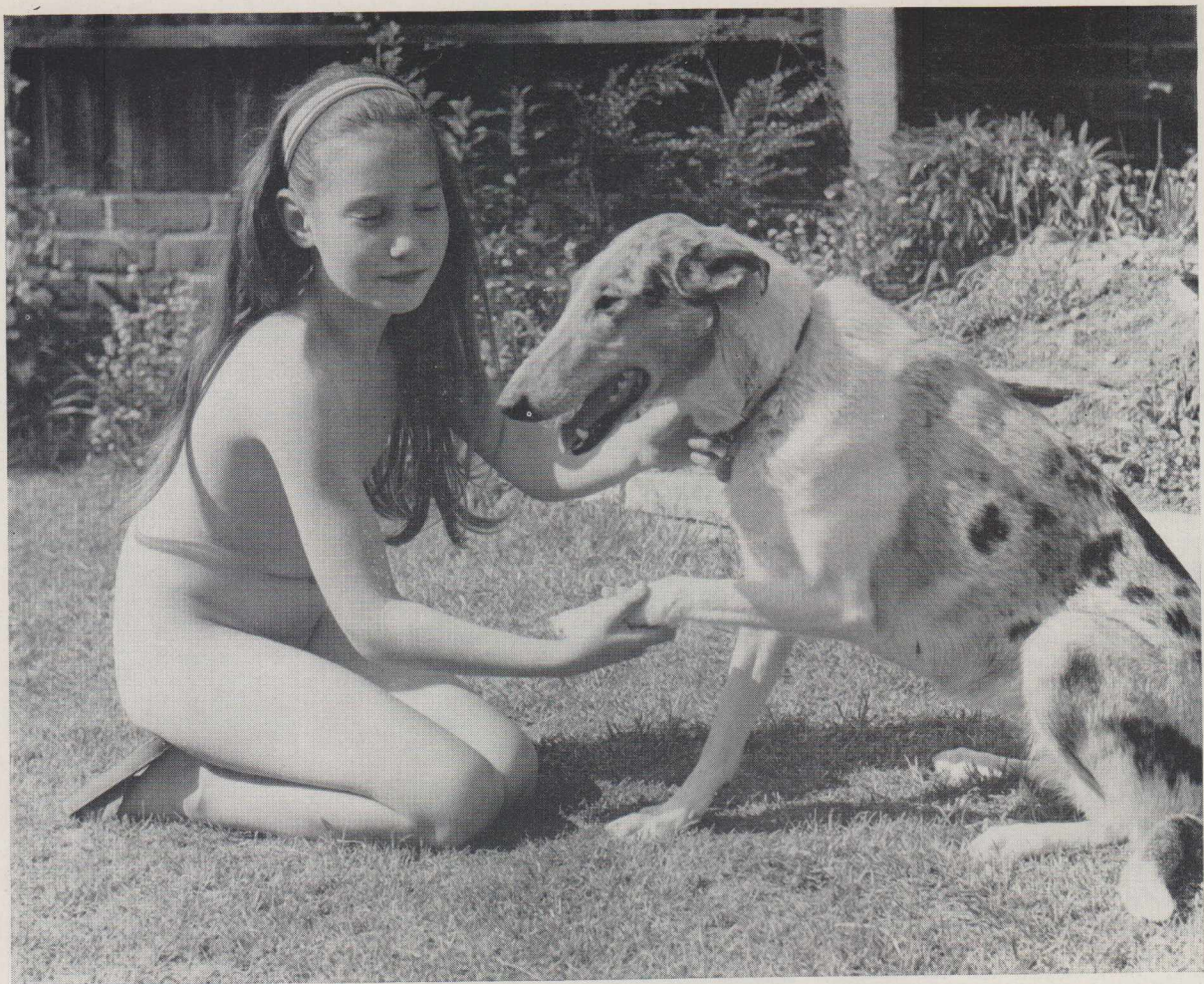
Meanwhile the husband would have almost read himself to sleep and waiting for the light to be put out. She has now read herself "past"

sleep! He becomes restless and by the time the light is put out they have both developed what they call "fidgets."

Limbs will not keep still. Sleep cannot be induced by any means. The



An example of two very fit young women



result is that at about one-thirty in the morning he is getting up to make cups of tea and search for the missing aspirins! After years of this sort of thing he has put his foot down! Lights out after a certain length of time!

The point is, of course, it is no use going to bed early if you are not resting.

If you are finding every day irksome and difficult because of your unfitness, try to find out the cause. Reason it out! "Where am I going wrong!" You should be able to put your finger on the cause.

To help you, let us get back to the beginning of the day. If you have not got up "full of the joys of spring," ask yourself why?

What is it that is actually wrong? On broad, general lines the trouble is either physical or mental. It could, of course, be a combination of both. But one of them must come first.

At the physical level take everything into consideration. Eyes, ears, limbs, lungs, kidneys, bowels, etc., are they all functioning right? If not, then you should see someone about the trouble.

This is important—make sure the cause of your unfitness is not a physical one!

You may think you are all right physically, but make sure by regular "check ups" and self-observation!

If you have something on your mind that is taking the joy out of living, don't blame your body for this. There are people who try to find excuses for a faulty mental outlook by blaming it on some non-existent physical defect.

This is where you have to overhaul your psychological behaviour. For instance, the person who is grumpy and unliveable with the first thing in the morning needs only, in most cases, to take himself to task.

"Look here, old man (look in the

mirror whilst you are talking to yourself), what the devil's wrong with you? you've got a good job, a happy family, a nice home, what more do you want?"

The idea is to give yourself a psychological kick in the pants to make yourself see sense.

There is always the danger with psychological maladjustments that you can cause actual physical ailments by not coming to terms with yourself and adjusting fully to your everyday life.

Give yourself a pick-me-up every morning! After eating a hearty breakfast stride out of the house to work with gusto and enthusiasm!

If you have any distance to walk make it a mental and physical "build-up." Most people do not breathe properly. Now is your chance to do this. Head up, shoulders back, feel on top of the world! (even if you don't really), everything is fine (even if it isn't). Breathe in deeply, exhale



slowly. Make your stride synchronise with your breathing.

You will find this little exercise exhilarating. Think of this as your morning tonic. It is a tonic!

Nervous fatigue is one of the reasons why a lot of people do not feel fit in these busy days.

Now take the case of a nurse, who at about the age of forty was fully skilled in the care and handling of children. She began to suffer with nervous debility.

Things she would have laughed at a year or two previous to this complaint, now unnerved her and caused

her to be miserable. She no longer wished to meet people, though she had many times hoped to be married and have her own children.

A new post, abroad, was being offered to her, but she dreaded (under the nervous strain she was suffering from), having to go to a new country and meet fresh people.

She consulted a psychotherapist, he assured her she was a normal healthy woman. Life had given her problems because she had not followed her instincts.

It was pointed out to her that she had assimilated knowledge and acquired skills and performed un-

congenial tasks all in the hope that one day she would marry and have her own children.

The unconscious knowledge that it was no doubt too late now was the cause of the depression. Sound advice and good treatment removed hidden frustrations. This nurse is now in Australia leading a new and full life.

Away with depression then! When you get to your place of work and meet your foreman or head of department, or director, or even the King of Siam, you will say "Good morning" and mean it!

Begin now to keep fit in a busy world!

● Help for Anxious

Mothers

educated into Naturism. In the case of an older child, he should be permitted to see his younger brother or sister bathed — and, in fact, he can well give a hand.

The point of all this is to ensure that a child never gets it into his head that Naturism is something that "should not be done," that Naturism is something only "cranks" practise. He should be told that Naturism is recommended by the medical profession, that the Church uphold it. But, of course, he should be told that Naturism is only "right" when practised in seclusion, and amongst others.

In an age when Naturism advances, when opinions on the subject vanish with the Victorian era, when more and more families are taking to Naturism for the sake of their health and happiness, it is the duty of a mother to see that her child understands the natural way of life — right from the start.

If she does this, if she ensures that her child's education includes Naturism in the home, then she need not fear embarrassing questions later. There are crimes being committed today which, had the culprits only been educated into the virtues of the human body, had been indoctrinated into the value of Naturism, would never have been thought of. There is a great deal being done in schools and by parents to teach sex, it is time parents taught Naturism, too. For in my view, it is more important from a health-giving virtue, than the former.









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Gev-E-Tabs capsules twice daily provides this wonderful power intake of naturally derived vitamins, minerals and other natural nutrients . . . Indisputably the ultimate in food supplements . . . for high potency and full-range protection. PLUS the complete complex of the vital Vitamin B group.

OIL SOLUBLE VITAMINS AND WHEAT GERM OIL

Vitamin E	...	55 i.u.
" A	...	15,000 i.u.
" D	...	2,000 i.u.
Wheat Germ Oil	...	250 mg.

WATER SOLUBLE

VITAMINS PLUS YEAST and the complete Vitamin B Complex

Vitamin B1	...	6 mg.
" B2	...	4 mg.
" B6	...	1.0 mg.
" B12	...	2 mcg.
Nicotinamide	...	40.0 mg.
Biotin	...	1.0 mcg.
d.Calcium Pan-	...	10.0 mg.
tothenate	...	1.0 mcg.
Folic Acid	...	10.0 mg.
Choline Bitartrate	...	2.0 mg.
Inositol	...	50.0 mg.
Yeast	...	80.0 mg.
Vitamin C	...	80.0 mg.

PLUS THESE ESSENTIAL MATERIALS

Iron	...	14.9 mg.
Copper	...	0.4 mg.
Calcium	...	28 mg.
Phosphorus	...	21.6 mg.
Iodine	...	0.0076 mg.
Cobalt	...	0.033 mg.
Magnesium	...	1 mg.
Potassium	...	1 mg.
Manganese	...	0.01 mg.
Zinc	...	0.1 mg.

16 DAYS only (By post 12/3 or \$2)	11'6	32 DAYS only (By post 22/6 or \$3.50)	21'6	64 DAYS only (By post 42/- or \$6)	41'-
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From Health Stores or by post from HEALTHCRAFTS Ltd., Dept. HE, Church Road, Worcester Park, Surrey, England.

Has your complexion lost the Rose of youth?

Has your skin a vitamin deficiency?



Vita-mine

SKIN CREAM

apply DIRECT

**NEW VITAMIN SKIN
FOODS TO OVERCOME
DRY LIFELESS SKIN**

LARGE JAR

15/6



For your skin to look younger, soft, velvety . . . free from drying, roughness and weather-wear . . . you must have skin *health*. This depends on the natural skin foods—Vitamin A, Vitamin B, Vitamin D and Vitamin E.

These four vitamins are absolutely essential to skin health.

Vita-Mine Skin Creme applies all four essential skin vitamins *directly to the skin*. This is new ! Results are remarkable—and natural. Unlike ordinary skin creams, Vita-Mine Skin Creme contains no dangerous chemicals or hormones.

For your skin to be young, fresh . . . retaining its natural moisture, suppleness and elasticity . . . it needs feeding. Vita-Mine Skin Creme applies *direct* the essential vitamin skin foods, plus Lecithin and Lanolin, to ensure the skin cells receive extra nutrition and protection.

Simply rub in Vita-Mine Skin Creme overnight—you will be delighted with the wonderful new feel and look of your skin and complexion. Order now. We know you will be thrilled by this exciting new *direct* way to skin health and youth.

FORMULA

Vitamin A...100,000 i.u.
Vitamin D... 10,000 i.u.
Vitamin B
(Pantothenic
Acid)... 200 mg.
Vitamin B12... 50 mcg.
Vitamin E... 50 i.u.
in a base containing
Lecithin and Lanolin.

Large Jar Only 15/6
(by post 16/3)

From Good Health Stores, or send to
Healthcrafts Limited, Church Road,
Worcester Park, Surrey, England.

All 5 Vitamin Skin Foods
~ PLUS LECITHIN AND LANOLIN